

**Review 5A Flight Plan**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		Breakfast
07:40–07:50		Daily planning conference
07:50–09:20	FE-1	Sound Level Meter / <i>Ĭ Ĭ Vol. 1, item 11.1.1, pg. 11-1 to 11-6 + r/g 545</i>
07:50–08:15	CDR	Work prep
08:00–08:15	PLT	Begin regeneration of Ô1 absorption cartridge (Á Ĭ Ĭ) / <i>Ñ ĬÑ Ñ Ĭ item 7.3, pg. 7-3, step 1</i>
08:15–10:15	CDR, PLT	Lab Pre-Ingress Equipment Setup / <i>In MPV: ASSEMBLY OPERATIONS ISS-5A / ASSEMBLY / VESTIBULE OPS: Lab Pre-Ingress Equipment Setup</i>
09:20–10:45	FE-1	Physical exercise (TVIS-2)
10:15–11:45	PLT	Physical exercise (IRED-2)
10:45–11:45	CDR	Physical exercise (TVIS)
11:25–11:45	FE-1	Prep delta file for downlink
11:45–12:45		LUNCH
12:45–15:45	CDR	Review 5À flight plan / <i>ĬÑÀ_0918+0919</i>
12:45–15:05	FE-1, PLT	
15:05–15:20	FE-1, PLT	Test ÔÊÂ1 and ÔÊÂ2 in relay mode / <i>r/g</i>
15:20–15:45	FE-1, PLT	Review 5À flight plan / <i>ĬÑÀ_0918+0919</i>
15:45–16:45	CDR	Test RAMV in NODE1 / <i>OCA_1170</i>
15:45–16:45	PLT	Physical exercise (TVIS-2)
15:45–16:45	FE-1	Physical exercise (IRED-2)
16:45–17:00	FE-1, PLT	Test ÔÊÂ1 and ÔÊÂ2 in relay mode / <i>r/g</i>
16:45–18:15	CDR	Physical exercise (IRED)
17:55–18:25	FE-1, PLT	Test ÔÊÂ1 and ÔÊÂ2 in relay mode / <i>r/g</i>
18:15–18:45	CDR	Report prep
18:25–18:45	FE-1, PLT	
18:45–19:15		Review plan for the next day
19:15–19:45		DINNER
19:45–19:55		Daily planning conference
19:55–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: 10:30-19:50 ÆÑĬ Test

End of radiogram